

What Can a Nutrition Referral Do for You?

Why is Nutrition Important During Treatment?

Good nutrition during cancer treatment can help you tolerate your cancer treatment, lessen side effects, support your immune system and help maintain weight and energy.

How can the Registered Dietitian help me?

- Provide strategies and tips to improve calorie and protein intake to meet the increased needs during treatment and avoid unplanned weight loss.
- Discuss suggestions to change your diet to help manage common side effects of treatment. These may include nausea, vomiting, taste changes, constipation, diarrhea, feeling full earlier than normal after eating, mouth or throat pain, dry mouth, fatigue, lack of appetite or unwanted weight gain.
- Provide specific nutrition recommendations based on the type of cancer you have and the planned treatment regimen.
- Improve blood sugar control during treatment.
- Improve wound healing through simple changes in your diet.
- Educate you prior to surgery to help tolerate eating during recovery.
- Answer your questions regarding anti-cancer diets, and recommended dietary or herbal supplements.
- Work with your cancer team to improve your tolerance of treatment and limit the need for more medications.

Would I benefit from seeing a Registered Dietitian after treatment?

The University of Michigan Comprehensive Cancer Center Registered Dietitians are trained in the field of oncology nutrition. They can provide healthy living recommendations specific to your cancer based on current research.

Cancer Nutrition Program

Ask your doctor or nurse for an appointment with a Registered Dietitian,
or call (877) 907-0859

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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